



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15021, Fish, croaker, Atlantic, cooked, breaded and fried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	59.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	221	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	925	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	18.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	12.67	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	7.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	42	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	348	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	38.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	4.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.740	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.260	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1997
Folic acid	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000
Folate, food	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	2.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin A, RAE	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	75	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Lipids													
Fatty acids, total saturated	g	3.476	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	2.194	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	1.193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	5.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.444	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	4.789	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	2.917	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	2.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	84	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.208	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.788	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.847	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.480	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.571	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.742	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.621	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.947	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.791	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.981	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.850	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.759	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.788	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													